



# Newsletter

8<sup>th</sup> December 2023



## Head Teacher's Awards Awarded 1<sup>st</sup> December 2023

- Reception:** This week, we gave a whole class Head Teachers Award for their fantastic behaviour on our trip to the Eden Project! Well done everyone!
- Year 1:** Well done to Lowen for always working hard in phonics saying his set 2 sounds accurately. Well done to Jago for always answering questions during guided reading and for trying really hard in writing.
- Year 2:** The Head Teacher awards this week went to Vinnie for always putting his hand up to answer questions and always having a go. Vinnie constantly follows instructions with thought and care. Lexi received an award for joining in and not giving up when taking part in PE with Year 4. Being active is part of our '5 Ways to Wellbeing'.
- Year 3:** Last week's Headteacher awards went to Stella and Ellis. Stella could get this award every week. She is a great role model to have in the class and has a great learning attitude towards all lessons. She follows the school's rules for life and always comes to school with a smile on her face. The other award went to Ellis for great perseverance. We did some pre-historic Art last week and we made our own cave walls. The tricky part was then drawing on the cave wall. Ellis found this tricky at first but then persevered and produced a lovely piece of Art. Well done Ellis!
- Year 4:** This week George won an award for being so helpful in class. He is often giving up his time and wanting to organise and carry out jobs. Thank you George. He also had a great Cornish Pirates rugby session this week with Neil the coach. Josie P won the second award for creating a super piece of art work. Year 4 created lenticular illusions. Josie's was a super effort. Well done!
- Year 5:** This week I'd like to say well done to Zak and Georgia. Zak had a super English lesson where he confidently showed of a great array of PaG with 4 examples seamlessly put into just one sentence! Georgia has been a star in computing. She has been confident throughout and enjoyed using key vocabulary. Congratulations both.
- Year 6:** This week we awarded an award for the whole of Year 6 for a fantastic day at Lyme Regis! Their interest, enthusiasm and behaviour was fantastic and they represented Roche School extremely well. Well done Year 6!

Attendance  
4<sup>th</sup> – 8<sup>th</sup> December 2023

YEAR 5  
99.62%

### Pen Licence

Well done to Senna-Rose, Lanikai and Abbigail for gaining their pen licence this week!



### Wellbeing

The days are shorter... the weather is a bit rubbish... Winter can be a tough time for maintaining good mental health. Below are 10 top tips from the NHS for winter wellbeing:

**Tip 1: Keep to a daily routine** – with shorter, colder days, it can feel harder to keep our normal activities going. We usually feel better if we're up and dressed, eating at regular mealtimes and going to bed at the same time.

**Tip 2: Stay connected** – a friendly natter by phone, online or meeting friends in a way that feels comfortable to us can help us feel connected.

**Tip 3: Do things you enjoy** – in the bad weather, it is even more important to take time to enjoy ourselves each day, it can also be fun to try something new, get creative or dust off an old hobby.

**Tip 4: Get outside for some sunlight and exercise** – try to get outside for at least 20 minutes of exercise each day.

**Tip 5: Look after your physical health** –

**Keep warm** – Public Health England recommends that indoor temperatures should be between 18°C and 21°C

**Eat well** – eat regular, nourishing hot meals including plenty of vegetables.

**Stay Hydrated** – drink 6-8 glasses of fluid each day and have regular hot drinks on cold days.

**Sleep well** – if you're struggling to get a good night's sleep, check out the NHS Get Help Sleeping guide.

**Keep Active** – it's important to keep moving. We can walk the stairs or try online exercise or yoga video.

**Tip 6: Make a plan** – make a plan for days of celebration that are special to you.

**Tip 7: Relax and unwind** – Take some time each day to relax. Find what works for you, whether that's watching the bird table, caring for your plants, going for a run or getting up and moving to your favourite festival tunes.

**Tip 8: Drink sensibly** – taking a mindful approach to what we're drinking can have huge benefits for our physical and emotional health.

**Tip 9: Write it down** – keeping a journal can be a great way to explore and organise our thoughts. It can help us plan our day, express gratitude and understand our worries and feelings.

**Tip 10: Ask for help** – if we're struggling, it's ok to ask for help if we need to. There's always someone to talk to. Ringing or texting a helpline such as SHOUT or The Samaritans if we're lonely can help us feel better too.



27.11.23



We went on a school trip to the Eden Project and visited contrasting environments!

The children all had a great time and showed great care and behaviour. They are a true credit to Roche School.



## Year 6 Lyme Regis



Year 6 had an absolutely wonderful time in Lyme Regis! The sun was shining and, even though it was cold, our fish and chips warmed us up as did the fossil hunting on the beach.

The class were interested, engaged and enthusiastic throughout the day and learnt so much about how fossils are formed and the life of Mary Anning.

The class were a pleasure to take with us and their behaviour was fantastic!



### Change of Menu

On Tuesday 18<sup>th</sup> December we have a menu change for the end of term. It will be:

Main: Sausage and Chips

Veg: Cheese and bean slice and Chips

Jacket potato

Ham Wrap

This has been updated on Parent Pay. Please note that if you have ordered meals for the term, this day will need to be reordered.

Thank you.

### Clubs

A reminder that there are no clubs next week (or the last 2 days of term).

A new clubs list will be given to your child at the start of next term to start from 15<sup>th</sup> January. The clubs list will have more details on it.

Many thanks

## Christmas Events at Roche CP School

Tuesday 12 <sup>th</sup> December:	KS1 Performance, School Hall 9.30am
Wednesday 13 <sup>th</sup> December:	KS1 Performance, School Hall 9.30am
Wednesday 13 <sup>th</sup> December:	KS2 Singalong Roche Victory Hall 6.30pm Featuring Roche Brass Band
Wednesday 13 <sup>th</sup> December:	Christmas dinner day
Wednesday 13 <sup>th</sup> December:	Christmas jumper/t-shirt/accessory day
Wednesday 13 <sup>th</sup> December:	Santa Fun Run (whole school – see poster for details) <a href="https://www.justgiving.com/page/roche-school-1701338368971">https://www.justgiving.com/page/roche-school-1701338368971</a>
Friday 15 <sup>th</sup> December:	House Treat (Will it be team blue, yellow, green or red this time?)
Monday 18 <sup>th</sup> December:	Christmas Super Learning Day
Tuesday 19 <sup>th</sup> December:	Last day of term (finish time of 3.10pm as usual)



Information regarding tickets for the KS1 performance were sent out last week and tickets are on Parent Pay now. As in the letter, to begin with, we can only offer two tickets per KS1 sibling group. All tickets need to be claimed by this weekend. Any extra will be uploaded to Parent Pay on Monday.

KS2 tickets are live on Parent Pay. As in previous years, you will know we are super tight on space in the Victory Hall and can only offer, to begin with, two tickets per KS2 sibling group. All tickets need to be claimed by this weekend. Any extra will be uploaded to Parent Pay on Monday.

### FAQ's

#### **Can a younger sibling sit on an adult's lap during either performance?**

Yes, they can.

#### **Can I video the performances?**

No but you can take individual photos of your child at the end of the performance. Please use photos responsibly.

#### **Can I just turn up at the performances?**

To keep account of numbers for fire regulations, the performances are strictly by ticket only so you must bring your ticket (which will have your child's name on it) to the performances.

#### **My child doesn't want to take part in the KS2 performance – is that ok?**

Yes, this event is not compulsory for children to attend. If your child does not want to attend, please inform their class teacher as soon as you can.

#### **What does my child need to wear for the performance?**

KS1 costumes are mostly provided, however you will have received a note or message if your child needs to bring an item in such as black leggings or a brown top. **Can these items be bought into school as soon as possible please.**

KS2 are having their Christmas jumper day on the 13<sup>th</sup> Dec so please keep these on for the performance.

### Christmas Post Box



The Christmas Post Box will be outside Mr Walden's office from 11<sup>th</sup> December for one week only!

If your child would like to give a card to their friends, please bring the cards to school and pop them in the box during play time.

Please make sure on the front of the envelope the **child's name and year group** are written so they can be delivered to the correct class.

No stamp required!

Groups of Year 6 children will be Santa's elves and will deliver the cards during the week to each class.



### London 2024

The Year 6 London trip is still live on Parent Pay to pay the deposit and instalments towards your child's trip. Thank you to everyone who has reserved their child's place with a deposit.

If you would like to discuss payments with Mr Walden, please contact him via telephone or email [jwalden@roche.tpacademytrust.org](mailto:jwalden@roche.tpacademytrust.org)



Thank you for Cornish Maid Floristry for coming to school and hosting a wreath making workshop for staff.

Everyone who attended really enjoyed the event and made some beautiful Christmas wreaths!

### Porthpean Camp – Year 3



The Porthpean Camp trip is live on Parent Pay to accept the £20 deposit and instalments. Thank you to everyone who has reserved their child's with the deposit.

If you would like to discuss payments with Mr Walden, please contact him via telephone or email [jwalden@roche.tpacademytrust.org](mailto:jwalden@roche.tpacademytrust.org)



### Our KS2 Sponsors

A **huge** thank you to the kind sponsors so far of our KS2 Singalong! We have received donations from Graham Barker Roofing Services, Minear Engineering, Glebe Quarry Ltd, Westcolour and Cornish Maid Floristry. Your kindness is much appreciated by everyone at Roche CP School.

GRAHAM BARKER  
ROOFING SERVICES LTD



07359 626115

[www.cornishmaidfloristry.co.uk](http://www.cornishmaidfloristry.co.uk)



# Santa Fun Run!

## Wednesday 13th December

in aid of



• Mount Edgcombe Hospice • St Julia's Hospice •

*Caring for our community*



On Wednesday 13th December, we are having a whole school Santa Fun Run at Roche School in aid of Cornwall Hospice Care.

We'd love all children to be sponsored by their friends and family at:

<https://www.justgiving.com/page/roche-school-1701338368971>

We are aiming, as a school to raise £250.

If every child raised £5, we'd raise a phenomenal £1000!





# Sponsors Needed!

## FOR OUR KS2 SINGALONG!



Dear Parents and Carers at Roche School

Do you own a business? Would you be so kind as to sponsor our KS2 Singalong? We would like to give Roche Brass a donation for playing for us alongside buying refreshments and chocolate hampers for raffle prizes.

If you could donate any money to our Singalong, we will put your business logo in our programme and on our school newsletter to advertise your business!

If you would consider donating to our Christmas event, please can you email Mrs Batten on [reception@roche.tpacademytrust.org](mailto:reception@roche.tpacademytrust.org) with your logo.

We would really appreciate the donation from your business!

From The Children at Roche CP School

To make a donation!  
Please send what you can to:  
Truro and Penwith Academy Trust  
30-98-76  
39582568  
Please use reference  
'PRO Donation'





WHEAL MARTYN  
CLAY WORKS



## Festive Fun Day and Father Christmas!



Join us on Sunday 10  
December from 11:00am for  
a fun filled day of Christmas  
activities including a visit  
from Father Christmas!

Book now on our website.



There are lots of activities on offer  
including:

- A Cornish Christmas story time.
- Make your own Cornish Christmas cards, elf and reindeer crowns.
- Getting creative with clay decorations.
- Conjuring up a Christmas willow wand.
- Exploring the sensory reindeer trail through the historic grounds.

[www.wheal-martyn.com](http://www.wheal-martyn.com)

ROCHE BRASS



Christmas  
CONCERT

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SUN 10TH DEC

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7PM

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ROCHE VICTORY HALL  
PL26 8JF

FREE ENTRY